Food.

CREAM OF POTATO SOUP PRE-1940'S

Recipe by Chef Aint Bs

This Pre-1940's recipe included in my "Grandma's Wartime Edition Cookbook"

READY IN: 50mins

SERVES: 10-12

UNITS: US

INGREDIENTS

4	potatoes (med)
½	onion (med)
2	tablespoons fat
32	ounces milk
2	tablespoons flour
1	teaspoon salt
¼	teaspoon salt

NUTRITION INFO

Serving Size: 1 (161) g

Servings Per Recipe: 10

AMT. PER SERVING	% DAILY VALUE
Calories: 159.2	

Calories from Fat 56 g	35 %
Total Fat 6.2 g	9 %
Saturated Fat 3.5 g	17 %
Cholesterol 16.4 mg	5 %
Sodium 343.8 mg	14 %
Total Carbohydrate 21.2 g	7 %
Dietary Fiber 2 g	7 %
Sugars 0.9 g	3 %
Protein 5.1 g	10 %

DIRECTIONS

Pare potato very thin and cook in enough water to cover, until soft.

Drain off water and save 1 cup.

Rub potatoes through a sieve.

Heat milk, onion and potato water in a double boiler.

Remove onion and add liquid to potatoes.

Melt fat mix with flour.(In a separate little pan).

Stir into hot soup.

Season and serve hot.